

PILATES Studio Policies

- We understand that there may be times that you have to cancel your session. Please give us a 24 hour advance notice if you must cancel or change any appointment that you have scheduled with us. No shows or late cancellations will automatically be deducted from your package.
- Payment is required when your appointment is booked to reserve your time with a certified instructor. We accept Visa, MasterCard, cash and/or check.
- All sales are final. There are no refunds.
- All group and private classes are by appointment only. Pre-registration and pre-payment are required. Those without reservations may join an appropriate group class as space permits and instructor consents. Prepaid Pilates services are transferable but not refundable.
- If you are taking duets or a group class, it is your responsibility to notify the studio as well as your partner(s) if you will be missing a class at least 24 hours in advance. If you do not, you will be charged for the session. If you DO give proper notification, the instructor can reschedule the class or the participants can opt to adjust their prepaid packages to possibly join an appropriate other class or have a private one-on-one session with the instructor.
- Please arrive on time. We encourage participants to warm up prior to the session. A brief walk on the treadmill will help to warm up stiff muscles and joints, increase breathing and circulation and provide better flexibility and range of motion for all of your movements during the Pilates session.
- All prices are subject to change without notice.
- Physical Edge is an open concept studio; classes and/or rehabilitation may be occurring concurrently. Please keep conversations to an appropriate level.
- As a courtesy to others, please turn off cell phones and refrain from wearing heavy perfumes, colognes and scented lotions.
- Gift certificates are available.